



## OCTOBER ACTIVITIES

The following activity was adapted from the "Team Nutrition School Activity Planner: A How To Guide for Team Nutrition Schools and Supporters". Turn to page 104 for ordering information.

# Create a Team Nutrition Fair

### Form a Team Nutrition Fair Planning Committee

Work with community supporters and volunteers to form a planning committee that will work together to plan the school fair. Include school food service staff, teachers, parents, community supporters and organizations. Identify coordinators for activities, logistics and promotion.

### Create Your Team Nutrition Fair

Contact a variety of organizations to present nutrition education activities such as grocery stores, nutrition and health professionals, farmers/growers, athletes and product manufacturers.. Use the list of supporters on page 112 to help determine who to contact in your community. Identify a wide variety of organizations so your activities will be varied. Talk to registered dietitians and nutritionists at your health department, hospital or local university and ask about nutrition education efforts related to Healthy People 2000 and the 5 A Day program. Remember to tailor the activities to this month's international theme: A World of Taste!



### Fair Activity Ideas

Following are some ideas that have been presented at Team Nutrition fairs across the country:

- Plan a food tasting activity with international dishes or produce.
- Tell a story from around the world and learn about the foods and customs of other countries and cultures.
- Start a pen pal program with children in other parts of the United States and learn about the foods they eat.
- Create a hands-on produce display where children can touch, taste and smell new and different types of fresh fruits and vegetables. Have classes identify when and where each food is grown and how to tell when foods are in season.
- Plant, grow and harvest an herb garden. Help students discover how herbs are used in school meals.
- Present a healthy snack building booth.
- Invite the physical education teacher to conduct a mini Olympics as an international physical activity station.
- In-Class:
  - Math:* create weekly bar graphs of who's eating specific fruits and vegetables.
  - English:* assign students to write about the best meal they've eaten or food reviews of the day's snacks and meals.

*Social Studies:* Explore the role of farming in American life; highlight cultural origins of foods in the lunchroom.

*Science:* Have students explore their place in the ecosystem by conducting experiments with growing plants and by investigating the food chain; or start planning for an indoor or outdoor school garden.

### Plan the Schedule, Equipment and Handouts

Work with the school principal to determine the fair dates and the day's schedule. Make the schedule detailed enough to show how students rotate through the day's activities. Share this information with participants, parents and school staff right away to give plenty of time for preparation.

After identifying all of the fair activities, make a list of equipment needs. Consider things like copies of activity handouts, recipes and other health information for parents or children. Ask local businesses and organizations to donate them for your school's fair.

Make sure to have enough copies of handouts for children and parents. Make copies a few days in advance.

### Set Up

Make arrangements to have most of the activities set up the day before the fair. Add last minute decorations in the morning. Be sure to place a guest check-in table at the school's main entrance to welcome guests and provide schedules and name tags. Mark all areas with signs for each station. Lots of colorful decorations and Team Nutrition posters will make the atmosphere lively and fun.

### Coordinate Community, Parent and Media Involvement

Inform the community of your Team Nutrition school activity through various media channels including the media, newsletters, e-mail, etc. Generate excitement before

the fair by holding an art or coloring contest with a Team Nutrition theme. Display all the art work in classrooms and in the cafeteria, on bulletin boards and in other areas throughout the school and community. Award a contest winner with a Team Nutrition poster the morning of the fair to build excitement.

Involving the local media helps extend Team Nutrition messages into the community and highlight the positive changes taking place in school meals. Get started by collecting basic information on local radio, television and newspapers and key reporters for education, schools, food, health and nutrition. Make a list of these contacts for your reference.

Write a press release and background information to send to the media. In the press release, include who, what, where, how and why clearly and concisely. Also include the title, date, time and location as well as contact person and phone number for further information.

Send this information to your media contact about a week in advance of the fair, and follow up with a phone call to tell them about all of the great things happening with healthy meals and nutrition education. Follow up briefly 2 to 3 days before the fair, and place one more brief reminder call the day before the fair.

### Hold a Leadership Forum

Have all guests sign in; give them a map of the activity and assign a guide to direct them to activities. Invite guests to participate in the fair and the community leadership forum. Community leaders and parents will see the positive things happening in school and will have the opportunity to be involved. At the end of the day, hold a leadership forum with all of your guests. Discuss how all can continue to work together to support the goals and objectives of Team Nutrition, efforts to meet the Dietary Guidelines for Americans, and ways to motivate children to make food choices for a healthy diet.



## Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating*. Turn to page 104 for ordering information.

# Crunchy Pumpkin Seeds

About 20 Minutes, Number of Servings: depends on how big a pumpkin you have!

It's fun to make a scary Halloween pumpkin, and it's fun to toast the seeds and eat them. Seeds contain everything needed to grow a new pumpkin, and are a tasty snack, too!



Seeds from 1 Halloween Pumpkin

1 tsp. salt per 1 cup of seeds

Preheat oven to 350°F.

1. Have the kids help carve the Halloween pumpkin. When they scoop out the inside pulp that contains the seeds, reserve.
2. Have kids stand at the sink (use a stool if they are too low). Put pulp in a colander. Have kids wash pulp and stringy matter off seeds under cold running water. Blot seeds dry with a clean cloth or paper towel.
3. Have kids spread seeds out on a cookie sheet. The seeds should be in a single layer, and they shouldn't touch each other!
4. Sprinkle the seeds with just a little salt. An adult puts the tray in the oven.
5. Check the seeds after 12 minutes. They are done when they are dry and light brown. How long this will take depends on how many there are, and how dry they are when they go in the oven.
6. Let cool before eating!

### Nutrients per serving (2 Tbsp.)

Calories . . . . .	148	Saturated Fat. . . . .	2.3 g	Iron . . . . .	4.2 mg
Protein. . . . .	9 g	Cholesterol . . . . .	0 mg	Calcium. . . . .	12 mg
Carbohydrate. . . . .	4 g	Vitamin A. . . . .	10 RE	Sodium . . . . .	295 mg
Total fat . . . . .	12.0 g	Vitamin C . . . . .	1 mg	Dietary Fiber . . . . .	1 g

# SCHOOL-SIZED

## Recipe of the Month

This recipe was taken from Team Nutrition's *Tool Kit for Healthy School Meals*.  
Turn to page 104 for more information on this resource.

# Tabouleh (tah-BUHL-lee)

## Vegetable Grains/Breads



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
No. 3 Bulgur	2 lb.	1 qt 2 cups	4 lb.	3 qt
Water		1qt 2 cups		3 qt
*Fresh tomatoes, unpeeled, diced	4 lb.	2 qt	8 lb.	1 gal
*Fresh cucumbers, peeled, seeded, diced	1 lb. 14 oz	1 qt	3 lb. 12 oz	2 qt
*Fresh parsley, chopped	3 oz	3 cups	6 oz	1 qt, 2 cups
*Onions, diced	12 oz	2 cups	1 lb. 8 oz	1 qt
Fresh mint, chopped		1/4 cup		1/2 cup
or				
Dried mint		1 tsp.		2 tsp.
Cumin (optional)		1/2 tsp.		1 tsp.
Salt		2 Tbsp.		1/4 cup
Lemon juice		1 1/3 cup		2 2/3 cups
Vegetable oil		1/2 cup		1 cup

*\*See Marketing Guide*

## Directions

1. Combine bulgur and boiling water in a large bowl. Let stand for 30 minutes or until water is absorbed. Do not drain.
2. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
3. For dressing, combine salt and lemon juice in a small bowl. Whisk in the oil.
4. Add dressing to salad and toss to combine all ingredients.
5. Can be served either chilled or at room temperature.

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**Tabouleh (tah-buhl-lee)**



**Special Tip:** For a tasty variation, add 2 cups of chopped black olives per 50 servings.

**Servings:** 1/2 cup provides 3/8 cup of vegetable and 3/4 serving of grains/breads

**Yield:** 50 servings: 12 lb 5 oz  
100 servings: 24 lb 10 oz

**Volume:** 50 servings: 1½ gal  
100 servings: 3 gal



**Nutrients Per Serving**

Calories . . . . . 96	Saturated Fat. . . . . 4 g	Iron . . . . . 8 mg
Protein. . . . . 3 g	Cholesterol . . . . . 0 mg	Calcium. . . . . 17 mg
Carbohydrate. . . . . 17 g	Vitamin A. . . . . 33 RE/334 IU	Sodium . . . . . 289 mg
Total Fat. . . . . 2.6 g	Vitamin C . . . . . 12 mg	Dietary Fiber . . . . . 4 g

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### **HeartFest**

HeartFest is a national event, held every year in October, to promote the benefits of heart-healthy eating. A packet of menus, recipes and education resources assists California schools and child care to reinforce a heart-healthy nutrition message. Contact: Nancy Link, California Dept. of Education, Child Nutrition Division, Nutrition Education & Training Program, 560 J Street, Sacramento, CA 95814. Tel: (916) 323-7185. Fax: (916) 323-4311.

### **National Disabilities Employment Awareness Month**

Presidential Proclamation issued for the month of October. Previously issued as National Employ the Handicapped Week.

### **National 4-H Week**

First full week of October. Contact: Christy Phillips, National 4-H Council, 7100 Connecticut Avenue, Chevy Chase, MD 20815. Tel: (301) 961-2915.

### **National Pasta Month**

To promote the nutritional value of pasta while educating the public about healthy easy ways to prepare it. Contact:

National Pasta

Association, Cecelia Leavitt,

Edelman Public Relations, 1500

Broadway, New York, NY 10036. Tel: (703) 841-0818.



### **National Pork Month**

Contact: National Pork Producers Council, Dortha Vifiadis, 122 C St. NW, Suite 875, Washington, DC 20001. Tel: (202) 347-3600. Fax: (202) 347-5265.

### **National Seafood Month**

To promote the taste, variety and nutrition of fish and shellfish. Contact: National Fisheries Institute, Mr. Lee Wedding, 1901 North Ft. Myer Drive, Suite 700, Arlington, VA 22209. Tel: (703) 524-8880.

### **National School Food Service Management Institute's Satellite Seminar**

The first of a two part series. Part I: October 22, 1997 Part II: April 15, 1998. Target audience: food service administrators, managers, and assistants. These one hour satellite seminars will include material that will help all food service assistants (cooks, bakers, serving line staff, cashiers, dishwashers, etc.) perform their jobs with greater safety and efficiency. The seminars will also contain material that will be valuable to food service directors and managers for orientation of new assistants and for retraining. Part I covers safety, sanitation, and personal considerations (hygiene, appearance, attitude, etc.) and part II covers basic job skills and food production techniques. Contact: National Food Service Management Institute, University of Mississippi, PO Drawer 188, University, MS 38677-0188. Tel: (800) 321-3054.

### **National School Lunch Week**

This year's National School Lunch Week theme is "School Lunch: A World of Taste" and will showcase the cultural diversity of today's school lunch menus. Contact: Suzanne Rigby, MS, RD, Director of Nutrition and Education, American School Food Service Association (ASFSA), 1600 Duke Street, 7th Floor, Alexandria, VA 22314-3436. Tel: (703) 739-3900. Fax: (703) 739-3915.

### North Carolina Sweetpotato 400 Jr.

North Carolina takes a *SWEET* approach to racing. Students develop an increased sense of camaraderie and spirit as they work together to construct their “vehicular veggies” from sweetpotatoes and other fresh produce. Contact: North Carolina Sweetpotato Commission, Sue Johnson-Langdon, 1327 N. Brightleaf Blvd., Suite H, Smithfield, NC 27577. Tel: (919) 989-7323, Fax: (919) 989-3015.

### Pierre/Hudson Specialty Foods

Barnyard Basics of Good Nutrition and Nutritionland Mall are two new video kits that help children learn about nutrition principles. You’ll find these programs easy to use for both food service directors and teachers...everything you need is included! Use them in support of National School Lunch Week or any time of year. Contact: Pierre/Hudson Specialty Foods, 9990 Princeton Road, Cincinnati, OH 45246. Tel: (513) 874-8741. Fax: (513) 874-0326.

### United Nations World Food Day

Annual observance to heighten public awareness of the world food problems and strengthen solidarity in the struggle against hunger, malnutrition and poverty. Date of observance is anniversary of founding of Food and Agriculture Organization. Contact: Congressional Hunger Center, Andre L. Lee, 525 A. St., NE, Suite 400, Washington, DC 20002. Tel: (202) 547-7022, Fax: (202) 547-7575.



### Vegetarian Awareness Month & World Vegetarian Day

Vegetarian Awareness Month was initiated to make people aware of the many surprising health, environmental, ethical and economic benefits of vegetarianism. World Vegetarian Day has been celebrated annually on Oct. 1 since 1977. It is a positive way to affirm your belief in a diet which is appropriate for alleviating world hunger, advancing the health of humans and the environment, and promoting compassion for animals. Contact: Vegetarian Resource Group, Sue Havalala, P.O. Box 1463, Baltimore, Maryland 21203. Tel: (410) 366-8343. Fax: (410) 366-8804.

Vegetarianism Essay Contest Deadline: May 1. Students can submit a 2-3 page essay on any aspect of vegetarianism (not eating meat, fish or fowl). Entrants should base their paper on interviewing, research and/or personal opinion. You need not be a vegetarian to enter. Contact: The Vegetarian Resource Group, PO Box 1463, Baltimore, MD 21203. Tel: (401) 366-8343. Fax: (410) 366-8804.

### Virginia Apple Month

To promote fresh and processed apples in school menus. Part of a statewide promotion. Contact: The Virginia Apple Commission, Nancy Israel, 1100 Bank Street, Suite 1008, Richmond, VA 23219. Tel: (804) 371-6104. Fax: (804) 371-7786.

### World Food Day Celebration

Congressional Hunger Center’s curriculum program, INSIDEOUT—Ending Hunger One Classroom At A Time, celebrates this day through student-driven activities. Contact: Congressional Hunger Center, Andre L. Lee, 525 A. Street, NE, Suite 400, Washington, DC 20002. Tel: (202) 547-7022. Fax: (202) 547-7575.